

THE SEAL CHALLENGE CONTRACT OVERVIEW

Reference: a. COMNAVCRUITCOMINST 1130.8F Chapter 2
 b. MILPERSMAN, 1220-120

SEAL Challenge Contract: The SEAL Challenge Program Option guarantees the opportunity to enter the Naval Special Warfare/SEAL community for individuals desiring a 4-year USN enlistment (6-year enlistment for Medical Special Operations Technician). This option provides for entry into Class "A" School. Applicants must volunteer for diving duty to become eligible for all training pipelines offered in Special Operations. Chief, Bureau of Medicine and Surgery requires a significantly more stringent physical screening of personnel entering special operations diving duty.

Visit your local Navy recruiter or these websites

- a. <http://www.navyjob.com/>
- b. <http://www.navy.com/>
- c. <http://www.seal.navy.mil/>
- d. <http://www.swcc.navy.mil/>

Requirements: IAW REF (a) (b)

- a. 18-28 years old (17 with parental permission)
- b. A U.S. citizen.
- c. High school graduate (or meet High Performance Predictor Profile (HP3) criteria). Be proficient in reading, speaking, writing, and understanding the English language.
- d. Not be under civil restraint, a substance abuser nor have a pattern of minor convictions or any non-minor, misdemeanor, or felony convictions (waivers are granted depending on number and severity). The Special Assistant for Legal Affairs (CNRC Code 017) must not enlist applicants with lawsuits pending against them without prior approval.
- e. ASVAB minimum requirements, use and retest: AR&VE/WK=104 and MC=50.

Note: For ASVAB Test numbers 5, 6, and 7, use WK.
Note 2: Minimum ASVAB score for Corpsman is AR+VE
or WK=110
Note 3: Five point ASVAB waiver (pers-401D).

f. Eyesight- 20/40 in one eye and 20/70 in the other
eye, correctable to 20/20.
Note: Waiver-20/70; 20/100 or better.
Note2: No color blindness.

The Physical Screening Test (PST) is a requirement of your contract. You will be test during the 1st week of your training at Boot camp. The Physical Screen Test is given to ensure that all applicants for SEAL program display a standard level of athletic proficiency before arriving at BUD/S. You should be in a progressive physical conditioning program to best prepare yourself for the demands of BUD/S training.

You will be given three (3) opportunities to pass the minimum PST score. Failure in any portion of the PST is a disqualifier IAW REF (a). If you do not pass the PST your SEAL contract is voided

The PST is as follows:

500-yard swim using breast and/or sidestroke in under 12 minutes and 30 seconds

10-minute rest

Perform a minimum of 42 push-ups in 2 minutes

2-minute rest

Perform a minimum of 50 sit-ups in 2 minutes

2-minute rest

Perform a minimum of 6 pull-ups (no time limit)

10-minute rest

Run 1 ½ miles wearing boots and long pants in under 11 minutes and 30 seconds